

Instructions to Contemplate Pornography I



The sphere of desire plays an essential role in shaping our time. The access to eroticism has become an urgency that we see in the traffic to adult websites as Alexa's statistics show us around the world.

Never before has access to eroticism in its most diverse forms been so easy and we can say that this is its great age.

But we must not stop seeing that we also see how violence against women has intensified in many places. The feminicides of Ciudad Juárez, or the murders and rapes of young people in India or other places in the world. For this reason this text only intends to be a new and different way of approaching the eroticism and pornography that we can find on the internet through the honouring of the bodies and lives of those we contemplate, seeking to introduce a dignity and spirituality that we are losing at great speed.

I propose to understand that human sexuality and eroticism, beyond being a human cultural product derived from their history of separation from nature, can once again become a way of transporting our relationships with nature and ecosystems.

We can dedicate our erotic practices to the healing of forests and damaged lands, to the recovery of species in danger of extinction, to a transition to planetary sustainability.

It would be important to see all the beings we meet on the web as enablers of transformation. Especially the women that we desire more, we should see them as spiritual teachers that can help us mature in our mental and spiritual path to give birth to a new man in us. To believe, as the Buddhist texts say, that there is a seed of realization in the most intimate part of our being.

Therefore, beyond the impact that watching pornography has already had on you in the construction of your view of the world and your view of others, I call you to reconsider this idea for the

benefit of a higher, noble and humanizing concept.

You can begin by dedicating your self-eroticism to the ecosystems and the healing of the planet, thanking the beings you contemplate and asking for their happiness and fulfillment in this life.

Although it may seem very ridiculous to you, the field you create with that dedication transforms the way reality is built and operated, and creates a new field of consciousness and experience so that spiritual and human evolution can take place.

I invite you to carry out this brief practice of spiritualizing your self-erotic life, with previous dedication to it, asking for the healing of the planet, especially, and the happiness of the beings.

Example of Dedication

"I wish that this auto-erotic practice will serve the healing of the earth and the ecosystems, help stop the extinction of endangered living species. I ask that all beings I will contemplate may achieve human fulfillment, happiness and bliss in their lives"

With this simple previous practice you will have managed to introduce a new field of evolutionary consciousness that can be transformative of the world in which we live towards collective happiness.

Eros Evolution